

The Las Vegas **ACTIVE ADULT**

Your Guide to Living Beyond The Neon at 50+

January-March 2009



**Sample a variety
of chocolates...**



**from different
candies to cakes
and pastries...**



and entertainment too!

Also in this edition...

Tax Preparation Assistance!

Free from AARP volunteers

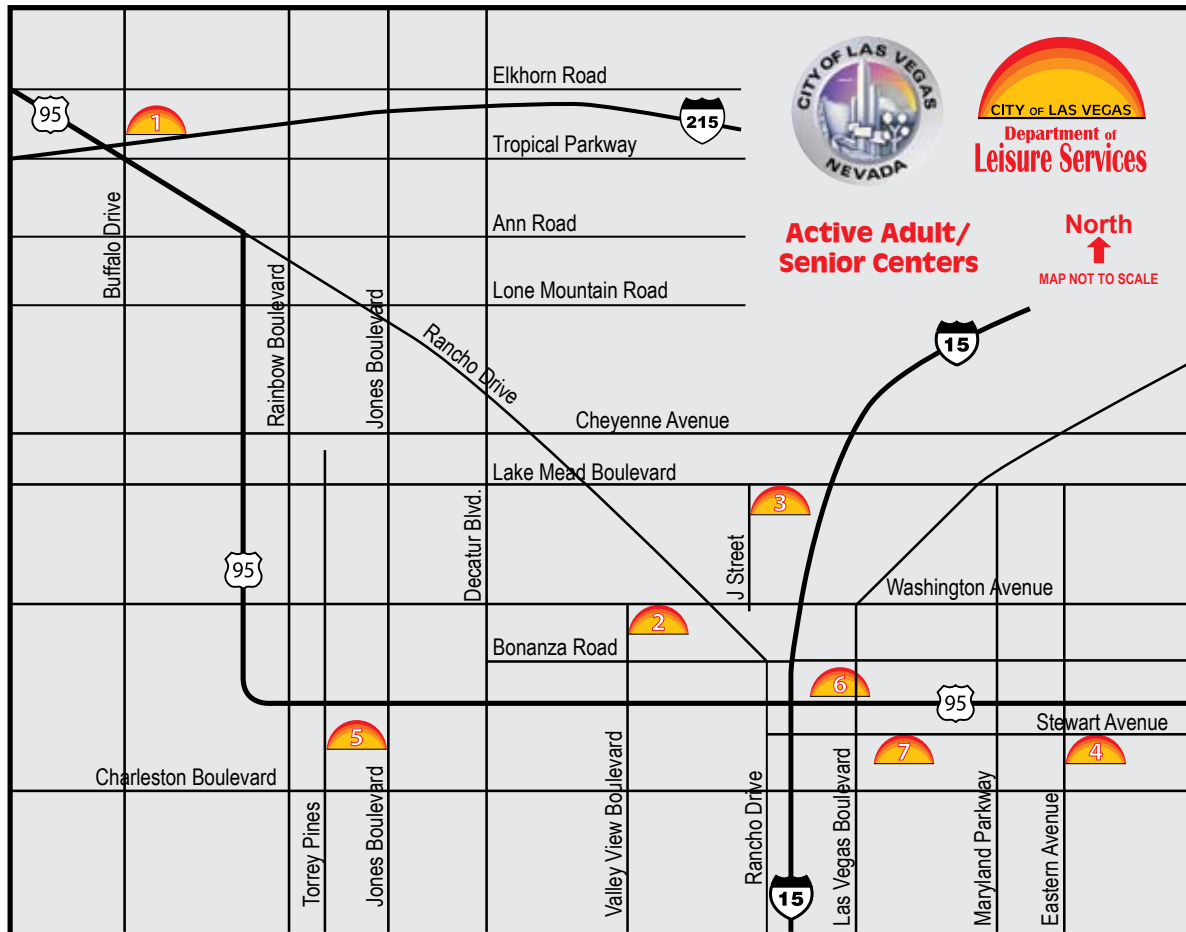


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Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed January 1, 19 and February 16.

- | | | |
|--|---|--|
| | Centennial Hills Active Adult Center | Monday-Friday, 8:00 a.m.-8:00 p.m. |
| | 6601 North Buffalo Drive | 229-1702 <i>Coordinator: Roney Fuller</i> |
| | Derfelt Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. |
| | 3343 West Washington Avenue | 229-6601 <i>Coordinator: Amy Solich</i> |
| | Doolittle Senior Center | Monday-Friday, 8:00 a.m.-5:00 p.m. |
| | 1930 North J Street | 229-6125 <i>Coordinator: Nicole Koerwitz</i> |
| | East Las Vegas Community/Senior Center | Monday-Friday, 8:30 a.m.-4:30 p.m. |
| | 250 North Eastern Avenue | 229-1515 <i>Coordinator: Trina Lewis</i> |
| | Howard Lieburn Senior Center | Monday-Friday, 8:00 a.m.-4:00 p.m. |
| | 6230 Garwood Avenue | 229-1600 <i>Coordinator: David Walker</i> |
| | Las Vegas Senior Center | Monday-Friday, 8:00 a.m.-8:00 p.m. |
| | 451 East Bonanza Road | 229-6454 <i>Coordinator: Lettie Peters</i> |
| | Downtown Senior Services Center | Monday-Friday, 8:00 a.m.-5:00 p.m. |
| | 310 South 9th Street | 229-6690 <i>Customer Service: Delfina Flores</i> |
| | Senior Citizens Law Project | Monday-Friday, 9:00 a.m.-4:00 p.m.; By Appointment Only |
| | 310 South 9th Street, 2nd Floor | 229-6596 <i>Project Administrator: Sheri Cane Vogel, Esq.</i> |

Welcome to 2009 and the second edition of **The Active Adult!** We hope you have come to enjoy this new layout as your guide to the activities offered by the city of Las Vegas Department of Leisure Services Senior Citizen Programs Division. Please feel free to share with staff any comments you may have about the usefulness of this publication. We value your input and want to ensure we provide information in a simple and easy format.

As always, the Senior Citizen Programs Division encourages and promotes healthy living with programs that offer physical activity, mental stimulation, and social interaction for active adults age 50 and better. Our facilities are run by top-notch staff and can be found throughout the city to serve all your leisure time needs. For locations, hours of operation, and phone numbers, please refer to the map on page 1.

This new year brings with it many opportunities for you to enjoy our high-quality, affordable activities that entertain, educate and help you to be active. We have some exciting special events planned that we are confident you will enjoy. Plus, our many classes, activities, and workshops continue to offer you options to enrich your life and complement your lifestyle.

So, please join us for living beyond the neon...where there's something for everyone. We thank you for your patronage and look forward to serving you!



Best Regards,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division

Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance. All day trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.



We are committed to recognizing, respecting, and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education, and inclusion of people of all ages, abilities, and backgrounds.



Park Ambassadors

Preserving Our Parks for a Better Tomorrow!

Get involved today! Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions.

Interested volunteers may call Stephanie Richards at 229-4160 for more information. Thank you in advance...we can't do it without you!



*Our Park Ambassadors
make a difference!*

Centennial Hills Active Adult Center

CLASSES & ACTIVITIES

229-1702

♥ = Heart Healthy Activities

FM = Fitness Membership; \$15 per month and includes access to all fitness classes.

* By appointment only.

** The YMCA partners with the City of Las Vegas to provide fitness and recreational opportunities. Please stop by the front desk for more details.



Monday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	Yoga	FM
10:00 a.m.	Pinochle	Free
♥ 10:30 a.m.	Belly Dancing	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
11:00 a.m.	Bingo (2 nd Monday)	\$2
♥ 12:00 p.m.	Tai Chi Gong	FM
12:00 p.m.	Medicare Counseling (2 nd Monday)	Free
12:30 p.m.	Sr. Advocate Program (3 rd Monday)	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 12:30 p.m.	Water Aerobics	FM
1:00 p.m.	Digital Camera*	\$5/30-minute session
♥ 1:00 p.m.	Guided Meditation	FM
1:00 p.m.	Open Game Day	Free
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
1:30 p.m.	Red Hat Society	Members Only
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4:00 p.m.	Badminton	Free
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
4:00 p.m.	Pinochle	Free

Tuesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
9:30 a.m.	Quilting	Free
10:00 a.m.	Watercolor	\$20/4 weeks
10:00 a.m.	Scrapbooking (3 rd Tuesday)	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
12:00 p.m.	Drawing	\$20/4 weeks
♥ 12:30 p.m.	Weight Room Basics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1:00 p.m.	Hula	Free
1:00 p.m.	Texas Hold 'Em Lessons	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:30 p.m.	Core/Abs Plus	FM
3:00 p.m.	Lei Making (2 nd & 4 th Tuesday)	Free
3:00 p.m.	Dominoes (Mexican Train)	Free
4:00 p.m.	Bunco (1 st & 3 rd Tuesday)	\$2

Wednesday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	Table Tennis	Free
10:00 a.m.	Monthly Movie (Call for date.)	Free
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free

Wednesday (continued)

12:00 p.m.	Digital Camera*	\$5/30-minute session
♥ 12:30 p.m.	Water Aerobics	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Red Hat Society	Members Only
	(4th Wednesday)	
♥ 1:30 p.m.	Arthritis Aerobics	FM
♥ 1:30 p.m.	20, 20, 20	FM
♥ 2:30 p.m.	Mat Pilates	FM
♥ 3:30 p.m.	Miracle Ball	FM
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free
4:00 p.m.	Party Bridge	Free
♥ 4:00 p.m.	Tai Chi Gong	FM
♥ 5:00 p.m.	Yoga	FM

Thursday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 9:00 a.m.	Senior T.O.P.S.	Free
♥ 9:00 a.m.	Yoga	FM
9:30 a.m.	Jewelry Design	Free
♥ 10:30 a.m.	Indoor Walking	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
11:30 a.m.	Poker	Free
♥ 12:00 p.m.	Tai Chi Gong	FM
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
1:00 p.m.	Culture Cuisine (3 rd Thursday)	\$3
1:00 p.m.	Mah Jongg (National League)	Free
♥ 1:30 p.m.	Yoga Dance	FM
♥ 2:30 p.m.	Core/Abs Plus	FM
♥ 3:30 p.m.	Weight Room Basics	FM
4:00 p.m.	Nintendo Wii	Free
4:00 p.m.	Indoor Shuffleboard	Free

Friday

♥ 8:30 a.m.	Cardio/Weight Room at YMCA**	Free
♥ 8:30 a.m.	Water Aerobics	FM
9:00 a.m.	Party Bridge	Free
♥ 9:30 a.m.	Arthritis Aerobics	FM
♥ 11:00 a.m.	Lap Swimming at YMCA**	Free
♥ 12:30 p.m.	Cardio/Weight Room at YMCA**	Free
♥ 1:00 p.m.	Table Tennis	Free
♥ 1:30 p.m.	Dance Aerobics	FM
♥ 2:30 p.m.	Fit Mix	FM
♥ 3:30 p.m.	Yoga	FM
4:00 p.m.	Nintendo Wii	Free
♥ 4:00 p.m.	Cardio/Weight Room at YMCA**	Free

EVENTS

Please register at least one week in advance.

New Year's Resolution Board (453359)

Share your New Year's resolution and post it on our board.
January 5-9 • Free

Popcorn Blast (453361)

Thursday, January 8 • 12:00 p.m. • \$1

Cultural Potluck (453390)

Bring a dish to share that represents your cultural heritage.
Thursday, January 22 • 12:30 p.m. • Free

Pie Potluck (453360)

Bring in your favorite pie and let's eat!
Friday, January 23 • 2:00 p.m. • Free

Chinese New Year - Year of the Ox (453362)

Sweet & sour chicken, rice, egg rolls, and fortune cookies.
Monday, January 26 • 1:00 p.m. • \$6

Super Bowl Spectacular (453383)

Games, trivia, food, and door prizes!
Thursday, January 29 • 10:00 a.m. • \$4

Valentine's Potluck (453394)

Tuesday, February 10 • 12:30 p.m. • Free

Mi Amore Chocolate Party (453385)

Thursday, February 12 • 1:00 p.m. • \$3

Mardi Gras Mania

Fat Tuesday (453382)

Tuesday, February 24
1:00 p.m. • \$5



Peanut Butter Lover's Delight (453378)

Monday, March 2 • 12:00 p.m. • \$1

Potato Chip Palooza (453377)

Wednesday, March 11 • 11:00 a.m. • \$1

St. Patrick's Day Dinner (453396)

Thursday, March 12 • 4:00 p.m. • \$6

Chip-N-Dip (453379)

Monday, March 23 • 11:00 a.m. • \$1

Spring Time Potluck (453395)

Thursday, March 26 • 12:30 p.m. • Free

Monthly Breakfasts

Advance registration required.

Wednesdays • 9:30 a.m. • \$3

January 21(453372)

Vegetable quiche, yogurt, and granola

February 18(453373)

French toast and fresh fruit

March 18(453384)

Hash browns, eggs, and sausage



WORKSHOPS

Please register at least one week in advance.

Grandparent Support Group (453440)

2nd and 4th Wednesdays • 1:00 p.m. • Free

Cultural Cuisine (453444)

3rd Thursday • 1:00 p.m. • \$3

Makeover Madness (453443)

A new you for the new year!

Thursday, January 8 • 1:00 p.m. • Free

Seniors CAN (453442)

Tuesdays, January 20-April 28 • 10:30 a.m. • Free

AARP Safe Driving Course

Lower your insurance premium!

\$10, payable to AARP

Tuesday-Wednesday • 3:00-7:00 p.m.

January 27/28 (453433) March 24/25 (453639)

February 24/25 (453434)

DID YOU KNOW?

Participating in recreational activities and social groups builds self-esteem, promotes health and wellness, and increases cultural awareness and sensitivity.

Derfelt Senior Center

CLASSES & ACTIVITIES

229-6601

♥ = Heart Healthy Activities

* YMCA is located at 3521 N. Durango Drive (at Gowan)



Monday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
8:00 a.m.	Open Computer Lab	Free
♥ 8:00 a.m.	Tighten & Tone	\$1
8:30 a.m.	Blood Pressure Checks	Free
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Knit & Crochet	\$1
9:30 a.m.	Compulsive Eaters Anonymous	Call
♥ 10:00 a.m.	Chi Kung	\$5
10:00 a.m.	Chieko's Painting & Pastel, advanced	Call
♥ 11:00 a.m.	Tai Chi Chuan	\$5
11:00 a.m.	Self-Exploration	\$3
11:30 a.m.	Party Bridge	Call
♥ 1:00 p.m.	Bowling at Santa Fe	\$3/3 games
♥ 1:30 p.m.	Chair Fitness	\$3

Tuesday

♥ 8:00 a.m.	Tighten & Tone	\$1
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	Oil & Acrylic Painting, beginning	\$3
♥ 9:00 a.m.	Tai Chi with Terry	\$3
9:00 a.m.	Chieko's Painting & Pastel, advanced	Call
9:30 a.m.	Compulsive Eaters Anonymous	Call
10:00 a.m.	Movies (2 nd , 3 rd , 4 th Tuesday)	Free
♥ 10:30 a.m.	Line Dance	\$3
10:30 a.m.	Solitaires Social Club (1 st Tuesday)	Free
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
11:30 a.m.	Duplicate Bridge	Call
♥ 12:30 p.m.	Line Dance, beginning	\$3

Wednesday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
♥ 8:00 a.m.	Tighten & Tone	\$1
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Quilting	\$3
9:30 a.m.	Compulsive Eaters Anonymous	Call
♥ 10:00 a.m.	Chi Kung	\$5
♥ 11:00 a.m.	Pilates	\$3
11:00 a.m.	Bunco & Brunch (1 st Wednesday)	\$3
♥ 11:00 a.m.	Tai Chi Chuan	\$3
12:00 p.m.	Mah-Jongg	Free
12:30 p.m.	Oil Painting with Joanne	\$3
1:00 p.m.	Creative Writing	Call

Thursday

8:00 a.m.	Tighten & Tone	\$1
8:00 a.m.	Open Computer Lab	Free
♥ 8:30 a.m.	T.O.P.S. Weigh-In	Call
♥ 9:00 a.m.	Tai Chi with Terry	\$3
♥ 9:45 a.m.	T.O.P.S.	Call
♥ 10:00 a.m.	Yoga with Nancy	\$3
10:00 a.m.	Park Ambassadors (2 nd Thursday)	Free
♥ 11:15 a.m.	Slim & Trim (Mary Lou at YMCA*)	\$2
11:30 a.m.	Card Club (Party Bridge)	Call
11:30 a.m.	Red Hat Society (3 rd Thursday)	Free
12:00 p.m.	LV Senior Softball Association (1 st Thursday)	Free
♥ 1:30 p.m.	Chair Fitness	\$3

Friday

♥ 7:30 a.m.	Fitness Over 50 at YMCA*	\$2
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Yoga Stretch	\$3
9:00 a.m.	Chieko's Painting & Pastel, advanced	\$3
10:00 a.m.	Writing for Pleasure	\$3
10:00 a.m.	Paper Folding Class	\$3
♥ 11:00 a.m.	Pilates	\$3
♥ 12:30 a.m.	Ballroom Dance with JoJo	\$5
1:00 p.m.	Amputee Coalition of Nevada (2 nd Friday)	Free
♥ 2:30 p.m.	Ballroom Dance with JoJo, beginning	\$4

Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops, and special events have come directly from suggestions from you, our valued members. Keep them coming!

EVENTS

Please register at least one week in advance.

Bunco Bonanza

Enjoy a light brunch then a fun afternoon playing Bunco. Prizes awarded for most wins, most losses, and most buncos.

Wednesdays • 11:00 a.m. • \$3

January 7 (452622) March 4 (454244)*

February 4 (454243)

* Join in the fun of *Celebrate Your Name Week*.

Wear something with your name on it to this event!

National Hot Pastrami Sandwich

Day Luncheon (452619)

Celebrate the holiday with warm open-face pastrami on rye, crisp coleslaw, mugs of cocoa, and spice cake.

Wednesday, January 14 • 11:30 a.m. • \$5

Downtown Cultural Series

Brass Roots Quintet - light classic to standard tunes.

Fridays • 11:00 a.m. • \$2

January 16 (452693) March 20 (452695)

February 20 (452694)

Monthly Breakfasts

Tighten & Tone and *Fitness Over 50* class participants immediately prior to breakfast will receive a discount.

Wednesdays • 9:00 a.m. • \$3

January 21 (454189) *Cheddar Quiche w/ Red Potatoes*

February 18 (454191) *French Toast w/ Fruit*

Valentine's Day of Love Luncheon (452621)

Wednesday, February 11 • 11:30 a.m. • \$5

St. Patties Day Celebration Luncheon (452623)

Wednesday, March 11 • 11:30 a.m. • \$5

Breakfast Potluck (452624)

You bring the entrees, we supply the juice and coffee.

Wednesday, March 18 • 9:00 a.m. • Free

WORKSHOPS

Please register at least one week in advance.

Blood Pressure Checks

Monitor your blood pressure each week.

Mondays • 8:30-9:30 a.m. • Free

Education Computer Classes

Learn how to use Microsoft Office. Classes are small and instructor offers plenty of personal attention.

Taking interest list. Forming classes now.

Clark County Senior Advocate

A senior advocate will be here to assist you with any concerns or problems you may have.

Wednesday, January 7 • 10:30 a.m. • Free

Words on Wheels - Library Services

Register for a free library card and check out items that are brought to the Center every three weeks.

Wednesdays • 9:30 a.m. • Free

January 7, 28; February 18; March 11

Utility Tax Rebate

Program

Call for more information.

Thursdays • Free

9:00 a.m.-12:00 p.m.

January 8-March 12



AARP Safe Driving Course

Lower your insurance premium!

\$10, payable to AARP

Mondays • 8:00 a.m.-4:00 p.m. • \$10

January 12 (452598) March 9 (452600)

February 9 (452599)

AARP Income Tax Preparation

Tuesdays/Fridays • Free

February 10-April 14

By appointment only.

Soup's On! Join us for a bowl of homemade soup, bread, dessert, and a beverage.

Fridays • 12:00 p.m. • \$2

January 9452620

Savory Beef Stew

January 23453503

Butternut Squash

February 6452627

Black Bean, Brown Rice, & Chicken Chili



February 27452739

Zucchini Chicken Cheddar

March 6452629

Zucchini Bisque

March 27452630

Chicken Tortilla

Doolittle Senior Center

CLASSES & ACTIVITIES

229-6125

♥ = Heart Healthy Activities



Monday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 9:00 a.m. Table Tennis *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 10:00 a.m. Bowling (Meet at Santa Fe) \$2.25;
plus shoe rental
- ♥ 11:00 a.m. Shuffleboard **NEW!** *Free*
- 12:30 p.m. Sewing **NEW additional class!** *Free*
- 1:00 p.m. Chess **NEW!** *Free*
- 1:30 p.m. Guitar Club *Free*
- Must have completed class to participate.
- ♥ 2:00 p.m. Nintendo Wii Fit **NEW!** *Free*

Tuesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- 9:30 a.m. Library Outreach *Free*
- 9:30 a.m. Picture Album Club **NEW!** *Free*
- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- ♥ 10:00 a.m. Shuffleboard **NEW!** *Free*
- 12:00 p.m. Bingo \$0.75 per session
- 1:00 p.m. Book Lover's Reading Club *Free*
- 1:00 p.m. Quilting Class **NEW!** \$2
- ♥ 3:00 p.m. Nintendo Wii Fit **NEW!** *Free*

Wednesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- 9:00 a.m. Community Garden *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 9:00 a.m. Blood Pressure Check *Free*
(1/14, 2/18, 3/18)
- 10:00 a.m. Game Show/Board Games **NEW!** *Free*
- 10:00 a.m. Red Hat Divas (1/14, 2/18, 3/18) *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 11:00 a.m. Shuffleboard **NEW!** *Free*
- 12:30 p.m. Sewing *Free*
- 2:00 p.m. Nintendo Wii *Free*

Thursday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9:00 a.m. Stretch and Circulation Class *Free*
- 10:00 a.m. Name That Tune (1/8, 2/12, 3/12) *Free*
- ♥ 10:00 a.m. 50-Mile Club - Walking Group *Free*
- ♥ 10:00 a.m. Hula Class *Free*
- 12:00 p.m. Bingo \$0.75 per session
- ♥ 2:00 p.m. Table Tennis *Free*

Friday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 8:00 a.m. Table Tennis *Free*
- ♥ 9:00 a.m. Strength Training *Free*
- ♥ 10:00 a.m. Chair Fitness *Free*
- ♥ 11:00 a.m. Soul Line Dancing *Free*
- ♥ 12:30 p.m. Zumba - Fitness Dance **NEW!** \$3
- ♥ 2:00 p.m. Nintendo Wii *Free*

EVENTS

Please register at least one week in advance.

Clark County Senior Advocate Program

1st, 2nd, and 3rd Tuesdays • 10:00-11:30 a.m. • Free

Spa O.N.E. - Pedicures

Pedicures for seniors that have special needs, such as diabetes. Only 6 appointments available each day.

Fridays • 10:00 a.m.-1:00 p.m. • Free

January 9 (4543351) February 20 (454354)

January 23 (454352) March 6 (454695)

February 6 (454353) March 20 (454696)

Doolittle Cinema and Popcorn

Mondays • 1:00 p.m. • Free

January 5, February 2, March 9

Health is Wealth

Learn the foods to eat that help prevent or eliminate most diseases. Instructor has 48 years experience as a pharmacist and teaches local college classes.

Tuesdays • 12:30 p.m. • Free

January 6, February 3, March 3

EVENTS (continued)**Hoagie Wednesdays**

11:00 a.m.-12:00 p.m.

\$3 per meal

January 14 (454765)

February 4 (454767)

March 4 (454768)

**Utility Tax Rebate Program**

We will help you prepare the necessary paperwork. Bring copies of your 2008 bills, identification, and proof of income. First come, first served.

Wednesdays • 12:00-4:00 p.m. • Free

January 14-March 11

Birthday Celebration Honoring**Dr. Martin Luther King, Jr.**

Thursday, January 15 • 11:00 a.m. • Free

VITA Free Income Tax Preparation

Call Linda at 229-1125 to schedule an appointment.

January 26-April 10

Soup of the Month

Mondays • 12:00 p.m. • \$2 per bowl

January 26 (454379) *Vegetable Beef Barley*February 23 (454747) *Split Pea with Ham*March 30 (454749) *Pasta Fasul***Monthly Birthday Celebration**

Thursdays • 11:30 a.m.

Free

January 29, February 26, March 26

Guitar Class (454385)

Mondays (6 weeks) • 12:00-1:30 p.m. • \$4 per class

February 2-March 9

Doolittle Senior Quarterly Query

Thursday, February 5 • 10:00 a.m. • Free

Black History Month Trivia (454771)

Monday, February 9 • 11:00 a.m.-12:00 p.m. • Free

Goodtime Fish Fry (454377)

Please register in advance; space is limited.

Tuesday, February 10 • 11:00 a.m. • \$7

EVENTS (continued)**Pre-Valentine Day Social (454376)**

Friday, February 13 • 12:30-2:30 p.m. • \$3

Food for Health and Soul (454700)

Tuesdays, February 24-March 31 • 10:00 a.m. • Free

Reverse Mortgage Seminar

Presented by Pat Smith, Wells Fargo Home Mortgage

March • Free

Leprechaun Smoothies (454375)

Tuesday, March 17 • 12:00 p.m. • \$2

National Waffle Day (454374)

Wednesday, March 25 • 9:00 a.m. • \$3

Spring Fling Dance (454373)

Friday, March 27 • 2:00-4:00 p.m. • \$3

WORKSHOPS**Please register at least one week in advance.****No Sew Fleece Blanket (454393)**

Bring scissors and 2 yds. each - solid and pattern fleece.

Tuesday, January 13 • 10:00 a.m. • \$1

Free Seniors Helping Seniors Presentation with Southwest Gas

Receive information on installing smoke detectors and dead-bolt locks, weatherizing your home, and various other services. Given by seniors to seniors.

Wednesday, January 14 • 10:00 a.m.-12:00 p.m.

Jewelry-Making Workshops

Great for birthday and holiday gifts.

Wednesdays • 12:00-1:30 p.m. • \$1 plus supply

January 21 (454392) March 18 (454590)

February 18 (454589)

Dancing Flames Candle Making (454387)

Valentine style! Choose your favorite scent and learn how to make your own candles.

Tuesday, February 10 • 10:00 a.m. • \$5 per candle

**Mr. Green Thumb (454391)**

Transplant house plants to bigger pots.

Monday, March 16

12:00-1:30 p.m.

\$2.00 + pot

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES

229-1515

♥ = Heart Healthy Activities



Monday

9:00 a.m.	Senior Trading Library	Free
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
10:00 a.m.	Chess	Free
♥ 10:00 a.m.	Chair Exercise	\$2
♥ 11:00 a.m.	Nintendo Wii NEW!	Free
♥ 11:30 a.m.	Tap Dance	\$2
11:30 a.m.	Lunch	\$2
12:00 p.m.	What's Up East Las Vegas	Free
12:30 p.m.	Senior CAN Program (Starts 1/26)	Free
12:30 p.m.	Mah-Jongg	\$2
1:00 p.m.	Movie Madness NEW! (2 nd Monday)	Free
1:00 p.m.	Mexican Train Dominoes	Free

Tuesday

♥ 8:00 a.m.	Walking Group	Free
♥ 8:30 a.m.	Table Tennis	Free
9:00 a.m.	Computer Class	\$10/3 weeks
9:00 a.m.	Acrylic Painting	\$5
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
9:00 a.m.	Puzzle Club NEW!	Free
♥ 9:00 a.m.	Hula, beginning	\$5
♥ 10:00 a.m.	Hula, intermediate	\$5
10:30 a.m.	Open Computer Lab	Free
♥ 10:30 a.m.	Hula, advanced	\$5
♥ 11:00 a.m.	Nintendo Wii NEW!	Free
11:30 a.m.	Lunch	\$2
12:30 p.m.	Bridge	\$3
1:00 p.m.	Retired Entertainer Group NEW!	Free
1:00 p.m.	Cell Phone 101 (2 nd Tuesday)	\$1
♥ 1:00 p.m.	Korean Folk Dance	\$5
2:00 p.m.	Computer Class	\$10/3 weeks
♥ 3:00 p.m.	Japanese Dance NEW!	\$5
♥ 6:00 p.m.	Square Dance Lessons	\$4

Wednesday

♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Morning Croquet	Free
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
9:00 a.m.	Open Computer Lab	Free
9:30 a.m.	Sr. Advocate (1 st /2 nd Wednesday)	Free
♥ 10:00 a.m.	Chair Exercise	\$2
10:30 a.m.	Texas Hold 'Em Poker	Free

Wednesday (continued)

11:00 a.m.	Guitar Lessons	\$5
♥ 11:00 a.m.	Nintendo Wii NEW!	Free
11:30 a.m.	Lunch	\$2
♥ 12:00 p.m.	Golf Lessons	Free
12:00 p.m.	English as a Second Language NEW!	\$5
1:00 p.m.	Darts	Free
1:00 p.m.	Piano/Keyboarding	\$5
♥ 2:30 p.m.	Spanish	\$3

Thursday

♥ 8:00 a.m.	Walking Group	Free
♥ 8:30 a.m.	Table Tennis	Free
9:00 a.m.	Breakfast (1/15, 2/5, 3/5)	\$2
9:00 a.m.	Computer Class	\$10/3 weeks
9:00 a.m.	Crafts (3 rd Thursday)	Free
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
♥ 9:00 a.m.	Tap Dance	\$2
9:30 a.m.	Kids-to-Kids Book Cleaning NEW!	Free
10:00 a.m.	Red Hat Society (1 st Thursday)	Free
10:30 a.m.	Open Computer Lab	Free
11:30 a.m.	Lunch	\$2
12:00 p.m.	eBay Class NEW!	\$20/4 weeks
♥ 12:00 p.m.	Tai Chi NEW!	\$5
♥ 12:30 p.m.	Table Tennis	Free
1:00 p.m.	Silversmithing (Starts 2/5) NEW!	\$5
1:00 p.m.	Ballroom Dance	\$5
2:00 p.m.	Open Computer Lab	Free
3:30 p.m.	Ask the (Computer) Geek	\$1
♥ 7:00 p.m.	Square Dance	Free

Friday

♥ 8:30 a.m.	Table Tennis	Free
♥ 9:00 a.m.	Mat & Stand-Up Exercise	\$2
9:00 a.m.	Quilting Social	Free
9:00 a.m.	Income Tax Preparation	Free
9:00 a.m.	Canasta, Cribbage, and Pinochle	Free
9:00 a.m.	Open Computers	Free
♥ 10:00 a.m.	Chair Exercise	\$2
11:00 a.m.	Yoga NEW!	\$3
11:00 a.m.	Quilting Class	\$3
11:30 a.m.	Lunch	\$2
12:30 p.m.	Round Table Book Club (1 st Friday)	Free
1:00 p.m.	Game Days (1/16, 2/20, 3/20)	\$2
2:00 p.m.	Shutter Bugs:	\$20/4 weeks
	Digital Camera Class (Starts 1/23)	

EVENTS

Please register at least one week in advance.

Monthly Breakfast

Thursdays • 9:00-10:00 a.m. • \$2

January 15 (450901) March 5 (450903)

February 5 (450902)

Texas Hold 'Em Tournament (450890)

No cash buy-in and prizes will be awarded for first, second, and third place.

Wednesday, January 21 • 9:00-11:30 a.m. • \$2

Puzzlemania (450889)

Grab your friends and your thinking caps for an afternoon of brain-teasing fun!

Friday, January 23 • 1:00 p.m. • \$2

Chocolate Festival (450891)

Join us for this annual event! Sample a variety of chocolates including candies, cakes, and pastries. Light refreshments and entertainment also will be provided.

Wednesday, February 18 • 1:00 p.m. • \$4

NASCAR Challenge (450892)

Get ready to race your team to see if you can take the checkered flag or cheer on your favorite racers instead.

Wednesday, February 25 • 10:00 a.m. • Free

St. Patrick's Day Dinner (450893)

Tuesday, March 17 • 3:30 p.m. • \$4

3rd Annual Diggy Awards (450894)

It's our annual photo contest and art show! Various categories, \$2 per entry. Contest rules can be picked up at the center. Meet and greet the artists. Entries judged and awards presented. Light refreshments served.

Monday, March 23 • 1:00 p.m. • Free

WORKSHOPS

Please register at least one week in advance.

iTunes (454804)

Turn your CDs into digital files using iTunes.

Monday, January 5

1:00-3:00 p.m. • \$2



Utility Tax Rebate Program

Call for more information.

Monday-Wednesday • 9:00 a.m.-2:00 p.m. • Free

January 6-March 19

WORKSHOPS (continued)

Cooking Workshops

Wednesdays • 2:00-4:00 p.m. • \$2

January 14 *Slow Cooking* (454943)

February 11 *French Cooking* (454944)

March 11 *Irish Cooking* (454945)

AARP Safe Driving Course

Lower your insurance premium! \$10, payable to AARP
Call to register.

Tuesdays/Wednesdays • 9:30 a.m.-1:30 p.m.

January 20/21, February 17/18, March 17/18

Self-Defense Workshop (454806)

Wednesday, January 21 • 1:00 p.m. • Free

Budgeting for the Silver Years (454805)

Learn how to budget better from a Nevada Federal Credit Union representative. Lunch is provided.

Monday, January 26 • 12:00 p.m. • Free

Intro to Genealogy (454808)

Learn to research generations of your family history.

Tuesday, January 27 • 11:00 a.m. • Free

Pickin' and Grinnin' (454946)

Dust off your guitars and join this group for a free jam session.

Fridays • 10:00 a.m.

January 30, February 20,

March 27



Photo Editing (454807)

Learn to download and enhance your photos using Picasa software.

Monday, February 2 • 1:00 p.m. • \$2

AARP Income Tax Preparation

February 6-April 10 • 9:00 a.m.-2:00 p.m. • Free

Call 229-1515 for an appointment.

Cookie Bouquets (454809)

Make a cookie bouquet for a special person!

Thursday, February 12 • 1:00-3:00 p.m. • \$5

Cell Phone Texting Workshop (454810)

Learn how to text your family and friends.

Thursday, March 19 • 2:00 p.m. • Free

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

- ♥ = Heart Healthy Activities
 * = Computer lab closed during classes.
 ** = Supplies Extra



Monday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free
9:00 a.m.	Utility Tax Rebate Program	Free
♥ 9:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9:00 a.m.	Yoga	\$5
♥ 10:00 a.m.	Fitness Assessment (Call 229-1604)	\$10
10:00 a.m.	Multi-Media Art Class	\$3
10:00 a.m.	SLR Camera Class (1 st Monday)	\$5
12:00 p.m.	Red Hat Goodtime Girls (1 st Monday)	Free
12:00 p.m.	Daughter Utah Pioneer (2 nd Monday)	Free
12:00 p.m.	Bridge Club	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
♥ 1:00 p.m.	Indoor Shuffleboard (1 st /3 rd Monday)	Free
1:00 p.m.	Lecture Series (1/26, 2/23, 3/16)	Free
1:00 p.m.	Digital Camera Club (2 nd Monday)	Free

Tuesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computer Class	\$6/3 weeks
11:00 a.m.	Computer Class	\$6/3 weeks
♥ 11:00 a.m.	In Balance Training with Doris	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
12:00 p.m.	C.C. Senior Advocate Advice	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
1:00 p.m.	World Cuisine Club (2 nd Tuesday)	\$2
♥ 1:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
1:30 p.m.	Ballroom Dancing with Manny	\$5
♥ 2:00 p.m.	Fitness Assessment (Call 229-1604)	\$10
2:00 p.m.	eBay Savvy	\$20/4 weeks

Wednesday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:00 a.m.	Table Tennis	Free
8:30 a.m.	Breakfast Nook (1/7, 2/4, 3/18)	\$2
♥ 9:00 a.m.	Circuit Training (Instructor Approval)	\$3

Wednesday (continued)

9:30 a.m.	Kids to Kids (1 st /3 rd Wednesday)	Free
9:30 a.m.	Guitar Jam Club	Free
10:00 a.m.	Cell Phone One-to-One (3 rd Wednesday)	\$2
10:00 a.m.	Digital Photography Class	\$20/4 weeks
11:00 a.m.	Nimble Thumbs Knitting/Crochet Club	Free
11:00 a.m.	Reader Theatre Club	Free
12:00 p.m.	Pinochle	Free
12:00 p.m.	Texas Hold 'Em Poker	Free
♥ 12:00 p.m.	Low-Impact Aerobics with Natalie	\$3
1:00 p.m.	Computer Class	\$6/3 weeks
♥ 1:00 p.m.	Jazz & Tap Dancing	\$3

Thursday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9:00 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S.	First Meeting Free
9:30 a.m.	Computer Class	\$6/3 weeks
10:00 a.m.	Ask the Master Gardner	Free
10:30 a.m.	Hand & Foot Canasta	Free
11:00 a.m.	Computer Class	\$6/3 weeks
1:00 p.m.	Movie/Trivia Day (2/5, 3/5)	Free
1:00 p.m.	Nintendo Wii (2 nd , 3 rd , & 4 th Thursday)	Free

Friday

8:00 a.m.	Lieburn Game & Puzzle Club	Free
8:00 a.m.	Open Computer Lab*	Free
♥ 9:00 a.m.	Move 'N' Groove Aerobics	\$3
9:30 a.m.	Geocaching Meet-n-Greet (3 rd Friday)	Free
♥ 10:00 a.m.	Chi Kung	\$5
♥ 10:00 a.m.	Blood Pressure/Heart Rate Checks (2 nd Friday)	Free
10:00 a.m.	Canasta	Free
♥ 11:00 a.m.	Tai Chi	\$5
11:00 a.m.	Lieburn Luncheons (2/13, 3/13)	\$4
12:00 p.m.	Pinochle	Free
♥ 2:00 p.m.	Zumba (Latin Aerobics)	\$3

EVENTS

Please register at least one week in advance.

Breakfast Nook

Wednesdays • 8:30 a.m. • \$2

January 7 (453094) March 18 (453096)

February 4 (453095)

World Cuisine Cooking Club

Tuesdays • 1:00-3:00 p.m. • \$2

January 13 (454947) March 10 (454994)

February 10 (454993)

Wii Bowling Tournament (453145)

Double-elimination tournament with prizes.

Thursday, January 15 • 1:00-3:30 p.m. • \$2

Lieburn Lecture Series

Refreshments, education, and priceless empowerment.

Mondays • 1:00-3:00 p.m. • Free

"When & How to Call 9-1-1" January 26 (453289)

Las Vegas Fire Department

"Vascular Wellness" February 23 (453290)

Anna Smith, RN

"Grocery Strategies to Save Big" March 16 (453291)

Grocery Smarts

That's Amore Social (453139)

Live entertainment, socializing, food, and more!

Friday, January 30 • 1:00 p.m. • \$3

Newport Audiology Lecture/Hearing Screenings (453494)

Free hearing screening and lecture on preventing loss.

Wednesday, February 4

1:00-3:00 p.m.



Luncheons

Reservations required at least two days prior to luncheon.

Fridays • 11:00 a.m. (food served at 11:30 a.m.) • \$4

February 13 *Valentine's Luncheon* (453097)

March 13 *St. Patrick's Day Luncheon* (453098)

Red Hat Valentine Tea Party (453991)

Friday, February 6 • 1:00-3:00 p.m. • Free

Mardi Gras Social (453140)

Friday, February 20 • 12:00 p.m. • \$3

Welcome Spring Cookout & Social (455097)

Friday, March 27 • 11:30 a.m. • \$3

WORKSHOPS

Please register at least one week in advance.

Picasa and Photoshop Elements

Enhance your digital photos with this software.

Mondays • 10:00 a.m.-12:00 p.m. • \$5

PicasaJanuary 26 (454897); March 23 (454899)

Elements.....February 23 (454898)

Computer Classes

Three-week classes begin the first week of each month.
\$6 per session payable before first class.

January

- *Intro to Computers* (454742)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Internet* (454745)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Word Processing* (454750)

Wednesdays 1:00-3:00 p.m.

February

- *Windows* (454743)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Music & Pictures* (454746)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Internet* (454751)

Wednesdays 1:00-3:00 p.m.

March

- *Word Processing* (454744)

Tuesdays/Thursdays 9:30-10:30 a.m.

- *Word Processing II* (454748)

Tuesdays/Thursdays 11:00 a.m.-12:00 p.m.

- *Intro to Computers* (454752)

Wednesdays 1:00-3:00 p.m.

Intro to Genealogy (454948)

Learn how to research your lost family members.

Tuesday, March 31 • 10:00 a.m.-12:00 p.m. • Free

iTunes (454949)

Turn your CDs into digital files using iTunes.

Thursday, February 26 • 2:00-3:30 p.m. • \$2

AARP Safe Driving Course

Lower your insurance premium!

\$10, payable to AARP. Call to register.

Wednesday-Thursday • 12:00-4:00 p.m.

January 14-15, February 18-19, March 18-19

Utility Tax Rebate Program

Call for more information.

Mondays, January 5-March 16 • Free

9:00-11:30 a.m. and 12:30-3:00 p.m.

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The Center has a small library and billiards room open daily.



Monday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
♥ 9:00 a.m.	Fitness/Aerobics	\$2
9:00 a.m.	Cribbage	Free
♥ 9:00 a.m.	Ping Pong/Table Tennis NEW!	Free
10:00 a.m.	China Painting	\$3
1:00 p.m.	Bingo Excitement	\$0.75 per session
5:30 p.m.	Hawaii Dance Company	Call
6:00 p.m.	So. NV Gem and Mineral Society	Call
	(1 st Monday)	
6:00 p.m.	Round Dance, advanced	\$5

Tuesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	Foot Care Clinic	Call
	(4 th Tuesday; By Appointment Only)	
♥ 9:00 a.m.	Indoor Walking Club	Free
9:00 a.m.	Senior Advocate (4 th Tuesday)	Free
10:00 a.m.	Japanese Embroidery	\$3
♥ 10:00 a.m.	Nintendo Wii	Free
10:00 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11:00 a.m.	Hamburger Tuesday	\$2
11:00 a.m.	Purple Passions Red Hat Society	Call
	(4 th Tuesday)	
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
12:00 p.m.	Porcelain Workshop	\$3
♥ 1:00 p.m.	Cowboy Mike's Line Dance Class	\$3
	(12 noon on 2 nd Tuesday)	
1:00 p.m.	Monopoly Day (1 st Tuesday)	Free
1:00 p.m.	Senior Tripsters (2 nd Tuesday)	Call
1:00 p.m.	Texas Hold'em Social	Free
2:30 p.m.	Health is Wealth with Fred	Free
	(2 nd Tuesday)	
3:00 p.m.	Wire Wrapping	\$5
♥ 3:00 p.m.	Swing Dance with JoJo	\$5
4:00 p.m.	TV Time	Free
5:00 p.m.	Chess Club NEW!	Free
5:00 p.m.	Silversmith Class	Call
♥ 5:00 p.m.	Tuesday Night Ballroom Dance	\$4
5:30 p.m.	Wire Wrapping	\$5
6:00 p.m.	LV Gold Prospector's Association	Call
	(1 st Tuesday)	

Wednesday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
8:30 a.m.	WorldDoc.com (Help Time)	Free
♥ 9:00 a.m.	Blood Pressure Screening	Free
9:00 a.m.	Ukrainian Egg Design with Zoria	\$3
♥ 9:15 a.m.	Fitness	\$2
♥ 10:00 a.m.	Tai Chi with Billie Ann	\$3
10:15 a.m.	Info Services Committee Meeting	Free
	(1 st Wednesday - No meeting in March.)	
♥ 11:30 a.m.	Ukulele Dance Practice	Call
	(Must be in Ukulele Class)	
♥ 1:00 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1:00 p.m.	Shuffleboard	Free
3:30 p.m.	Desert Wins Duplicate Bridge	Call
♥ 5:00 p.m.	Hula, beginning	\$3
♥ 6:00 p.m.	Round Dance Class	\$5

Thursday

8:00 a.m.	Morning Media	Free
♥ 9:00 a.m.	Indoor Walking Club	Free
9:00 a.m.	Crochet and Knit	Free
9:00 a.m.	Intro to eBay Class	\$20/4 weeks
9:30 a.m.	Wax In-Lay Beading	\$3
10:00 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
10:30 a.m.	eBay Savvy Class	\$20/4 weeks
11:00 a.m.	Ukulele, beginning	\$3
12:00 p.m.	Ukulele, intermediate	\$3
1:00 p.m.	Texas Hold 'Em Lessons/Class	\$3
1:00 p.m.	Afternoon Movie	Free
1:00 p.m.	Quilting Class	\$3
2:00 p.m.	Computers, beginning	\$15/6 weeks
	(Classes begin 1/8, 2/26)	
3:00 p.m.	Computers, intermediate	\$15/6 weeks
	(Classes begin 1/8, 2/26)	
3:30 p.m.	Na Mele Hui Ohana	Call
4:00 p.m.	Guitar, intermediate	\$3
♥ 4:30 p.m.	Hula, advanced	\$3
5:00 p.m.	Open Computer Lab	Free
6:30 p.m.	Frontline Recovery Group	Call

DID YOU KNOW?

Being involved in recreational activities helps prevent isolation.

Friday

8:00 a.m.	Morning Media	Free
8:00 a.m.	Open Computer Lab	Free
9:00 a.m.	Cribbage	Free
♥ 9:00 a.m.	Fitness/Aerobics	\$2
9:00 a.m.	Medicare SHIP Program	Free
	(1 st Friday; By Appointment Only)	
9:00 a.m.	Oil Painting Class	\$3
♥ 10:00 a.m.	Tap Dance, beginning	\$3
♥ 10:00 a.m.	Ping Pong/Table Tennis NEW!	Free
♥ 11:00 a.m.	Belly Dance	\$3
11:00 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
12:00 p.m.	Chinese Mah-Jongg	Free
12:00 p.m.	Computers, beginning	\$15/6 weeks
12:00 p.m.	Blue Card Duplicate Bridge	Call
1:00 p.m.	Computers, intermediate	\$15/6 weeks
1:00 p.m.	Sing-Along with Fun Time Singers	Free
1:00 p.m.	Afternoon Movie	Free
2:00 p.m.	Monthly Billiards Tournament	Free
	(2 nd Friday)	
♥ 5:30 p.m.	Dancegig East Coast Swing	\$3
	Instruction/Social NEW!	
♥ 6:30 p.m.	Ballroom Basics Dance Class	\$5
	with JoJo	

EVENTS

Please register at least one week in advance.

Monthly Billiards Tournament

We're looking for a monthly champion to place his or her name on our new billiards plaque.

Practice during the week for this tournament.

Fridays • 2:00-4:00 p.m. • Free

January 9 (453853) March 13 (453855)

February 13 (453854)

Patio Parties

Games, karaoke, music...what will it be?

Mondays • 2:30-4:00 p.m. • \$1

January 12 Kabuki Cranium on the Wii (453742)

February 9 Yahtzee Tournament (453743)

March 9 Mystery Day (453744)

Shuffleboard Tournament (453748)

Show us your shuffleboard skills and enjoy light Mint Juleps and light refreshments.

Wednesday, January 14 • 1:00-3:00 p.m. • \$2



EVENTS *(continued)*

Bunco

No experience or skill needed; come learn as you play!

Wednesdays • 1:00-3:00 p.m. • \$1

January 14 (454539) March 25 (454541)

February 18 (454540)

Monthly Texas Hold 'Em Poker Tournament

Fridays • 10:00 a.m.-1:00 p.m. • \$2

January 16 (453850) March 13 (453852)

February 13 (453851)

Scrumptious Soup Sampling Luncheon (453740)

Celebrate National Soup Month with us by enjoying a lunch devoted to this delectable winter warmer!

Wednesday, January 21 • 11:30 a.m.-1:00 p.m. • \$4

Casanova's Sweet Cuisine Luncheon (453753)

Celebrate Valentine's Day in style!

Wednesday, February 11 • 11:30 a.m.-1:00 p.m. • \$4

National Pancake Day

Enjoy hot, delicious pancakes twice today! Purchase tickets in advance from the front desk.

Tuesday, February 24 • \$1.50 per stack

10:00 a.m.-12:00 p.m. (453756)

4:30-6:30 p.m. (453757)

Middle Name Pride Day (453761)

This is the perfect day to be called by your middle name all day long. Enjoy laughter and light refreshments.

Thursday, March 5 • 1:00-3:00 p.m. • Free

Under the Rainbow (453758)

Enjoy a St. Patrick's Day celebration feast.

Wednesday, March 11 • 11:30 a.m.-1:00 p.m. • \$4

The Price is Right (453760)

Players will be picked from the audience.

Wednesday, March 18 • 1:00-3:00 p.m. • \$1

DID YOU KNOW?

Mental stimulation helps keep the brain healthy. Learn something new, read a book, play word games and cards, or engage in lively discussions with friends.

EVENTS (continued)**Tuesday Night Dances**

Ballroom dance socials are held every Tuesday night with live music from Boyd Coulter and his band. Monthly themes and light refreshments offered.

Tuesdays • 5:00-8:00 p.m. • \$4

January 20 *Favorite/Funny T-Shirt Dance*

February 17 *Mardi Gras Dance*

March 17 *A Touch O' Irish Dance*

Winter Birthday Bash (453770)

Friday, March 20 • 2:00-3:00 p.m. • \$1

Free for those with birthdays January-March.

Peanut Butter Palooza

Who can make the best peanut-butter sandwich?

Wednesday, March 25 • \$1

10:00 a.m.-12:00 p.m. (453754)

5:00-7:00 p.m. (453755)

Croquet Party (453746)

Play a vigorous round of croquet and enjoy light refreshments.

Friday, March 27 • 10:00 a.m.-12:00 p.m. • \$1

Spring Tea Party (453739)

Dress up with your hat and gloves for a spring tea party as we learn tea history and etiquette. Space is limited; advance registration is required. Registration begins March 2 at 8:00 a.m. Limit 4 registrations per person.

Tuesday, April 28 • 11:30 a.m.-1:00 p.m. • \$5

WORKSHOPS

Please register at least one week in advance.

Utility Tax Rebate Program

If you are a resident of the city of Las Vegas, are 60 years of age or older, and have taxable income of less than \$16,900 (single) or \$18,900 (married or head of household), you may qualify for this rebate of franchise tax on your electric, gas, and home phone bills. Bring in complete copies of your 2008 bills, identification, and proof of income to find out if you qualify. First come, first served.

Thursdays, January 8-March 19 • Free

9:00 a.m.-12:00 p.m. and 1:00-3:00 p.m.

AARP Safe Driving Course

Lower your insurance premium!

\$10, payable to AARP

January 12/13 4:00-8:00 p.m. (453845)

February 11 8:30 a.m.-4:30 p.m. (453844)

March 16/17 4:00-8:00 p.m. (453846)

AARP Income Tax Preparation

By appointment only; call 229-6454.

February 2-April 13 • 9:00 a.m.-12:00 p.m. • Free

Valentine Cookie**Decorating (453745)**

Join us to decorate giant heart cookies and get into the valentine spirit.

Thursday, February 12

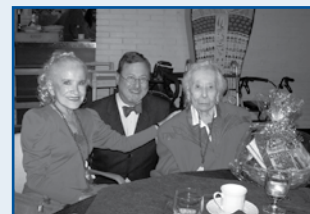
1:00-3:00 p.m. • \$2

**18th Annual 90-Plus Banquet*****Cruisin' into the 90s*****Ship's Ahoy!**

Join us on our cruise to fun as we host the 18th Annual 90-Plus Banquet celebrating the lives of seniors 90 years of age and older. If you or someone you know will be 90 or older by May 15, we would like to invite him/her to this annual event.

Call 229-6454 to receive an invitation.

Friday, May 15 • 4:30-6:00 p.m.



Active Adult/Senior Center Day Trips

Join us for fun-filled day trips!

Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing their own lunch or purchasing lunch where noted as well as any personal spending money. Please call the individual facility for more information.

Dates Registration Opens

December 1 - January Day Trips • **January 5** - February Day Trips • **February 2** - March Day Trips

Centennial Hills Active Adult Center229-1702

Additional Cost

Breakfast and a Movie (453375) **January 13** **10:00 a.m.-3:00 p.m.** **Movie + Food \$**
We're heading to the new Aliante Station to eat breakfast and catch the latest flick on the big screen.

Shelby American Factory Tour & Lunch (453374) **January 27** **10:00 a.m.-2:00 p.m.** **Lunch \$**
Tour the company's 100,000-square-foot manufacturing facility, then we're off to lunch at Aliante Station.

Photo Scavenger Hunt & Lunch (453386) **February 4** **10:00 a.m.-3:00 p.m.** **Lunch \$**
Off to the Fashion Show Mall to see whose team can capture the most items on their list. Shopping and lunch too!

Pole Position Go-Kart Racing & Lunch (453388) **March 4** **10:30 a.m.** **\$25 + Lunch \$**
Indoor karting at its best with 12 laps of fun! Then off we go to lunch at The Palms.

Hoover Dam Tour & Lunch (453389)

March 30

10:00 a.m.-3:00 p.m.

\$9 + Lunch \$

Learn the history of Nevada and the Hoover Dam. Join us on this exciting tour which features audio and film presentations, exhibits, and other information about the dam and its operations.



Derfelt Senior Center229-6601

Additional Cost

Lava Butte/Lake Mead Hike (452690) **January 9** **8:00 a.m.** **Bring Lunch**
Enjoy a moderate-level, 2-mile hike to the summit. Be sure to wear the right shoes and bring water.

Boulder City Trip (452691) **February 13** **9:00 a.m.** **\$6 + Lunch \$**
Spend the day with us in Boulder City. Take a tour of the Railway museum, enjoy a jaunt down the tracks, and finish off the day with some lunch and shopping downtown. There is a lot of walking on this day trip.

Guided Tour & Scavenger Hunt (452692) **March 13** **9:30 a.m.** **\$15 + Lunch \$**
Guided tour at the Springs Preserve, lunch at Wolfgang Puck's, and an afternoon team scavenger hunt on the trails.

The mission of the Senior Citizen Programs Division is to empower older adults to contribute to their own physical and emotional health and well-being through an array of programs, actions, and activities.

Doolittle Senior Center229-6125

Additional Cost

Bellagio Conservatory Holiday Decor (454369) **January 7** **9:00 a.m.-2:30 p.m.**
Enjoy the beauty of the holiday season in bright lights and design. Don't forget your camera!

Lunch \$

Breakfast Buffet and Movie (454366) **January 16** **9:00 a.m.-2:00 p.m.**
Join us for a trip to the Texas Station Feast Buffet and then on to a new release movie.

Movie + Breakfast \$



Ethel M. Chocolate Factory Tour and Lunch (454370)

February 11

10:00 a.m.-1:00 p.m.

Lunch \$

Valentine's Day is right around the corner; what better gift for your sweetheart than some candy! See how the factory operates and how chocolate is made while touring the cactus garden. End the afternoon with lunch.

Breakfast Buffet and Movie (454367) **February 20** **9:00 a.m.-2:00 p.m.**
Join us for a trip to the Texas Station Feast Buffet and then on to a new release movie.

Movie + Breakfast \$

Orleans Buffet and Ross Shopping Trip (454371) **March 6** **8:30 a.m.-2:30 p.m.**
Enjoy breakfast at the Orleans Buffet, then on to a great shopping spree at Ross' largest store in town.

Lunch + Shopping \$

Breakfast Buffet and Movie (454368) **March 20** **9:00 a.m.-2:00 p.m.**
Join us for a trip to the Texas Station Feast Buffet and then on to a new release movie.

Movie + Breakfast \$

East Las Vegas Community/Senior Center229-1515

Additional Cost

Breakfast and a Movie (450895) **January 9** **9:00 a.m.**
Join with your friends for breakfast and the latest blockbuster.

Movie + Breakfast \$

1,000,000 Game Show Las Vegas (450896) **January 28** **10:30 a.m.**
The dream of hitting it big and changing lives forever is not a reality; it's a show at Planet Hollywood!

\$20 (Paid Day of Trip)

Snow Day at Mt. Charleston (450897) **February 4** **10:00 a.m.**
Spend the day playing in the snow and going on a sleigh ride.

Lunch + Sleigh Ride

NASCAR Qualifying (450898) **February 27** **9:00 a.m.**
Spend the day at the Las Vegas Motor Speedway watching the best in NASCAR action!

TBD

Nature Walk and Picnic (450899) **March 6** **9:00 a.m.**
Join with us as we visit Spring Mountain Ranch in Red Rock.

None



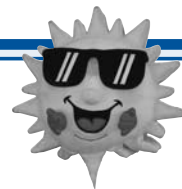
Digital Camera Field Trip to Lake Las Vegas (450900)

March 9

10:00 a.m.

Bring Lunch

Bring your camera to take some pictures of this beautiful lake resort and its surroundings.



Mark your calendar now!

April 2009

Spring Centerpieces	Doolittle Senior Center
Make your own silk flower spring centerpiece, save money, and learn the tricks of the trade.	April 6 • 10:00 a.m. • \$1 + Supply List
Clark County Fair in Logandale, Nevada	Centennial Hills Active Adult Center
Join us as we take a trip to the Clark County Fair. Carnival midway, livestock show, food, vendors, entertainment and more.	April 10 • 8:30 a.m.-4:30 p.m. \$2 Day Trip Fee, Entrance Fee, + Personal \$
Incredible Edible Egg Luncheon	Derfelt Senior Center
Enjoy a nutritious meal with the incredible edible egg as the star!	April 10 • 11:30 a.m. • \$5
Hobby Club Expo	Lieburn Senior Center
Local hobby clubs of all kinds will be giving out information and demonstrating their crafts.	April 10 • 12:00-3:30 p.m. • Free
Photo Scavenger Hunt Day Trip	Derfelt Senior Center, East Las Vegas Senior Center
Mission Impossible meets the Amazing Race. Break into teams to find items on a custom-designed scavenger list using a camera.	April 16 • Van leaves at 9:00 a.m. • \$5
Downtown Cultural Series	Derfelt Senior Center
Information to be announced.	April 17 • 12:00 p.m. • \$2
Health Expo	Las Vegas Senior Center
Join us for a free health expo with blood pressure checks, screenings, health care advice, and much more.	April 17 • 10:00 a.m.-2:00 p.m. • Free
Spring Fling Dance	Las Vegas Senior Center
Spring is in the air! Come dance the night away as we prepare for warmer weather. Light refreshments will be served.	April 21 • 5:00-8:00 p.m. • \$4
Red Hat Rally	Las Vegas Senior Center
If you are a member of a Red Hat Club that meets at any city of Las Vegas facility, you may sign up to attend. Call for details.	April 24 • 11:30 a.m.-1:30 p.m. • \$10
Cowboy Poetry Chuck Wagon	Lieburn Senior Center
This luncheon features cowboy poetry reading and chuck wagon cooking.	April 24 • 11:30 a.m. • \$4

May 2009

All-You-Can-Eat Taco Buffet	Derfelt Senior Center
Make your own, with turkey or beef, hard or soft shell, and load it the way you like. Come hungry!	May 1 • 11:30 a.m. • \$5
Viva el Cinco Breakfast	East Las Vegas Senior Center
Enjoy a fresh, hot breakfast of quesadas and fruit, coffee and juice.	May 5 • 8:30 a.m. • \$2
Black Canyon Rafting Trip	Derfelt Senior Center, East Las Vegas Senior Center
This is a breathtaking and must-see trip. Lunch and water is provided.	May 6 • 8:00 a.m. \$2 + \$77.50 rafting fee

May 2009 (continued)

Massages for Mom	<i>Centennial Hills Active Adult Center</i>
We're honoring moms with massages! A massage therapist will offer 15-minute massages for free. Please call to schedule your appointment.	May 8 • 10:00 a.m.-12:00 p.m.
Downtown Cultural Series	<i>Derfelt Senior Center</i>
Information to be announced.	May 15 • 12:00 p.m. • \$2
Safari Theme Dance	<i>Las Vegas Senior Center</i>
Our journey will begin with fun dancing and light refreshments. Come join the expedition!	May 19 • 5:00-8:00 p.m. • \$4
Memorial Day Potluck Picnic	<i>Doolittle Senior Center</i>
Celebrate Memorial Day with your friends. Bring a dish to share and taste a variety of good food.	May 22 • 11:00 a.m. • \$1
Memorial Day Spaghetti and Meatball Feast	<i>Lieburn Senior Center</i>
This luncheon is in honor of all those who sacrificed for our safety and freedom.	May 22 • 11:30 a.m. • \$4

June 2009

Luau Luncheon	<i>Centennial Hills Active Adult Center</i>
Take a trip to paradise! Enjoy Hawaiian-style macaroni salad, aloha sweet potatoes, rice, Kalua pork, pineapple upside-down cake, and volcano punch. Prizes awarded for best authentic Hawaiian wear. Entertainment provided. Register early; space is limited.	June 4 • 12:30 p.m. • \$8
Mt. Charleston Hike Day Trip	<i>Derfelt Senior Center</i>
Specific trip details to be announced.	June 12 • 8:00 a.m. • \$2
Lei Making Workshop	<i>Las Vegas Senior Center</i>
Make a fresh flower lei that you can wear the next day at our annual Luau Luncheon.	June 16 • 2:00-3:00 p.m. • \$10
Summertime Fun Dance	<i>Las Vegas Senior Center</i>
Summer is almost here! Come and dance the night away. Light refreshments will be served.	June 16 • 5:00-8:00 p.m. • \$4
Texas Hold'Em Poker Tournament	<i>East Las Vegas Senior Center</i>
Got what it takes to be the Texas Hold'Em champ at East Las Vegas Senior Center? No cash buy-in and prizes awarded for first place.	June 17 • 9:00-11:30 a.m. • \$2
Luau Luncheon	<i>Las Vegas Senior Center</i>
The islands await you! Enjoy a luau menu packed full of delicious Hawaiian foods. Excellent entertainment, too!	June 17 • 11:30 a.m.-1:00 p.m. • \$5
Father's Day Social Breakfast	<i>Centennial Hills Active Adult Center</i>
Enjoy a day in honor of all fathers!	June 18 • 8:30 a.m. • \$3
Downtown Cultural Series	<i>Derfelt Senior Center</i>
Information to be announced.	June 19 • 12:00 p.m. • \$2
Father's Day Ice Cream Social	<i>Doolittle Senior Center</i>
Help celebrate our dads! We will have a variety of toppings for you to choose from, plus participate in a variety of contests.	June 19 • 11:00 a.m. • \$3

Downtown Senior Services Center

Your one-stop shop for senior services from the City of Las Vegas!

Bridger Health Center

310 South 9th Street, Suite 110 • 220-9932

Medical services include geriatrics, family practice, women's health, and lab services provided by Nevada Health Center. Medicare, Medicaid, and most insurances are accepted. A sliding fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 South 9th Street, 2nd Floor • 229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 South 9th Street • 229-1142

Monday-Thursday, 8:30 a.m.-1:30 p.m.

Friday, 8:30-11:30 a.m.

Closed 11:30 a.m.-12:00 p.m.

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.

Utility Tax Rebate Program

310 South 9th Street, 1st Floor • 229-6690

Monday-Thursday, 9:00 a.m.-3:00 p.m.

Contact: Delfina Flores

Se Habla Español



Get a refund of your Utility Surcharge Tax if you live within the city limits and meet other eligibility criteria. Free service.

Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth, and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The City of Las Vegas Senior Citizens Advisory Board helps Las Vegas to serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships, and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the Board.



The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

Senior Citizens Law Project

The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no fee for service; however, donations are accepted. Clients are seen daily Monday-Friday, 9 a.m. to 4 p.m., by appointment only.

Call 229-6596 to schedule an appointment.

The Senior Citizens Law Project presently provides advice and assistance in matters which include:

1. **Long-Term Health Care Issues**
 - advance directives, nursing home issues, Medicaid planning, medical billing disputes
2. **Consumer Matters**
 - automobile cases, insurance and contract disputes, consumer debt/preservation of assets, small claims information, identity theft
3. **Housing Matters**
 - landlord/tenant issues, mobile home issues, HOAs, homestead declarations, affidavit terminating joint tenancy, public and private housing issues
4. **Government Benefits and Entitlements**
 - Social Security, SSI, Medicare and Medicaid issues, other public entitlements
5. **Estate Planning Issues**
 - simple wills, long-term estate planning/probate, affidavits of entitlement, beneficiary deeds
6. **Elder Rights Issues**
 - Court-appointed guardian ad litem, prevention of elder abuse and exploitation, termination of powers of attorney, civil recovery for property for abused elders
7. **Miscellaneous Services**
 - Document preparation, sealing records, petition for name change, affidavits of exemption, assistance with in pro per document preparation, legal advice, information and referrals
8. **Outreach Services**
 - homebound visits when necessary, outreach visits at select senior centers, special seminars and events



Weekly Legal Assistance

Monday, Tuesday, Wednesday, Friday • 9:00 a.m.-4:00 p.m. • By appointment only.

Appointments for matters including, but not limited to, general legal information, advance directive/planning for incapacity, consumer matters, Social Security assistance, landlord/tenant assistance, estate planning, bankruptcy pre-screening, financial review, petition and order for release of medical records, homestead document preparation, petition for sealing records, petition for name change, petition to open safe deposit box, affidavit of entitlement, document preparation and/or notarization, and affidavit terminating joint tenancy.

Thursday • 9:00 a.m.-4:30 p.m. • By appointment only.

Will signing: Clients who have had a last will and testament prepared by the Senior Citizens Law Project return to the office to execute their legal instrument.

Mayor's Healthy Lifestyle Initiative

Get Smart! Get Up! Get Out!

Join Mayor Oscar B. Goodman in his quest to increase the liveability of our great city by doing your part to promote a healthy and active community.

We all know everyone tends to overeat during holiday meals, but did you know you can still eat healthy? Here's how...

- Use skim milk or other low- or non-fat dairy products in recipes.
- Choose leaner cuts of meat, like turkey.
- Avoid thick, creamy sauces or butter.
- Make gravy from low-fat broth instead of from poultry drippings.
- Make homemade cranberry sauce and use a sugar substitute.
- Replace meat or giblets in stuffing with dried fruits..

If all else fails, remember moderation is key and be sure to get in some exercise! 🌅



Mayor Goodman addresses the crowd before embarking on his annual fitness walk.

Sustainability Efforts: Making the Difference!

The city of Las Vegas' **CELEBRATE Committee** hosted several tree planting events during the fall months.



These trees were planted on city property, primarily in parks, and are part of the city's Urban

CELEBRATE

City Employees Lowering Energy cost By Recycling And Tracking Efficiency

Forestry Initiative. This initiative contributes to the city's long-term sustainability as trees clean the air, improve storm water management, conserve energy, reduce the urban heat index, improve public health, and increase property values.

The mission of the **CELEBRATE Committee** is to be more than just

“green” though...it's working to ensure that all generations will enjoy the quality of life we have all worked so hard to achieve. But it certainly takes the whole community to make it work.

For more information on these sustainability efforts or for ways you can get involved, visit www.lasvegasnevada.gov/sustaininglasvegas. You can also speak directly with any of our staff. So, go green...and mean it! 🌅



Department of
Leisure Services

Living...Beyond The Neon™

Senior Citizen Programs Division
749 Veterans Memorial Drive, Las Vegas, NV 89101

www.lasvegasparksandrec.com



Las Vegas City Council
Mayor Oscar B. Goodman

Mayor Pro Tem Gary Reese, Ward 3 - Councilman Larry Brown, Ward 4 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6 - Councilman Ricki Y. Barlow, Ward 5

City Manager Douglas A. Selby - Deputy City Managers: Steve Houchens, Betsy Fretwell, Orlando Sanchez
Department of Leisure Services Acting Director Billie M. Bastian - Acting Deputy Director Lonny Zimmerman
Senior Citizen Programs Division Manager Ed Jost - Supervisors: Jerlys Henderson, Peter Priest